of plants. Thick stews of beans or ground nuts are the common accompaniment. Sweet potatoes are also eaten with rice, but mainly merely as beans it is too tasteless.

Eggs, most cod fish are considered luxuries. Eggs are always boiled. Large fish are allowed to boil dry and then browned in their own grease. Meat is usually boiled, the broth forming an important part of the meal. Iron meat hooks with ornamental handles are used to remove it from the pot (Fig. 5, g). Meat may also be cut into thin steaks and broiled over a bed of coals. Dry roasting forks with three, four or seven tines are used for this (Fig. 5, h, j). At the present time, broiling is not popular, partly because much of the fat is lost and partly because of the extreme toughness of the native beef.

The only materials used for seasoning are potash, salt and chillies. The potash is a substitute for salt and now that the latter has become cheap and plentiful it is only used for variety. The natives say that it must be taken sparingly, as it is bad for the digestion. Potash is made by burning the roots of a certain rush, mixing the ashes with water, and straining off the liquor. The strainers are of matting, triangular at the rim and tapering to a point (Fig. 6, a). The liquor is put in shallow, wooden bowls and allowed to evaporate. The potash is pale grey and granular and is readily crumbled with the fingers.

Salt has always been obtained in Ghadames. Formerly it came from the east coast, where the natives made it by evaporating sea water. It brought a high price locally and Tuaregs who left their territory to serve as bearers would bring back as much of it as they could. Even now it has an exaggerated value in the eyes of the natives. Traders told me that a handful of salt given with a purchase would delight them more than a gift of three or four times its real value.

The native salt comes in large, creamy white crystals. It is somewhat coarser than that we use in making ice cream. It often contains earth and other impurities and the Tuaregs dissolve it, pass it through strainers like those used in potash making, and then recrystallize it. It is kept in small gourds, bottles of bamboo, or little packs of cloth or matting.

The salt has to be crushed before use and every household has one or more small wooden mortars for the purpose. These mortars are commonly shaped like an hourglass and have a tight-fitting cover (Fig. 6, c). Sometimes two mortars are joined side by side, one being used for salt and the other for chillies (Fig. 6, d). These